

# Harford County SENIOR ACTIVITY CENTERS



## CATALOG OF CLASSES Spring 2014



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Office On Aging  
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[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging)  
410-638-3025



This document available in alternative format by request. Reasonable accommodations for individuals with disabilities will be provided upon request; please notify the Harford County Disabilities Coordinator at least 5 business days prior to the event. The Harford County Disabilities Coordinator can be reached at 410-638-3373 (voice/tty) or [disability@harfordcountymd.gov](mailto:disability@harfordcountymd.gov).



## Senior Activity Centers

### *Locations and Hours of Operation*

#### **ABERDEEN**

410-273-5666  
7 Franklin Street,  
Aberdeen, MD 21001  
Monday-Friday 8:30 am - 3:30 pm

#### **EDGEWOOD**

410-612-1622  
1000 Gateway Road,  
Edgewood, MD 21040  
Monday-Friday 8:30 am - 3:30 pm

#### **FALLSTON**

410-638-3260  
1707 Fallston Road,  
Fallston, MD 21047  
Monday-Friday 8:30 am - 3:30 pm

#### **FOREST HILL/HICKORY**

410-638-3616  
**Satellite Location –  
Summer Class Times Only**  
2213 Commerce Drive,  
Forest Hill, MD 21050  
*No meals are available  
at this location*

#### **HAVRE DE GRACE**

410-939-5121  
351 Lewis Lane,  
Havre de Grace, MD 21078  
Monday-Friday 8 am - 4 pm

#### **HIGHLAND**

410-638-3605  
708 Highland Road,  
Street, MD 21154  
Monday-Wed. 8:30 am - 3:30 pm

#### **MCFAUL**

410-638-4040  
525 W. MacPhail Road,  
Bel Air, MD 21014  
Monday-Friday 8:30 am - 4:00 pm

# HARFORD COUNTY SENIOR ACTIVITY CENTERS CLASS CATALOG

This document is available in an alternative format upon request and on the Harford County website at [www.harfordcountymd.gov/services/aging/indexcfm](http://www.harfordcountymd.gov/services/aging/indexcfm)

## SPRING 2014

**CLASS SEMESTER: MARCH 31, 2014 - JUNE 6, 2014**

**CENTERS ARE CLOSED: MONDAY, MAY 26, 2014**

*CENTERS ARE CLOSED FOR STAFF IN-SERVICE ON:  
Thursday, March 13 and Friday, March 14, 2014*

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### CLASS REGISTRATION INFORMATION

Registration OPENS at Fallston, for Fallston  
Classes ONLY on Monday, February 24, 2014

Registration OPENS at McFaul for McFaul and Fallston  
Classes ONLY on Wednesday, February 26, 2014

Registration OPENS at Aberdeen, Edgewood, Havre de Grace  
and Highland on Monday, March 3, 2014

Registration CLOSES at all centers on Wed., March 26, 2014

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### HOW TO REGISTER:

To register for a class, you must first complete a membership form **IN PERSON** at any of our six locations. We recommend stopping in at your local center for a tour and to complete this form ahead of registration, however, you may also complete this on the day of registration.

We accept cash, check (made payable to Harford County, Maryland), VISA and MasterCard at all locations.

Registrations are accepted **IN PERSON ONLY**. At this time, we do not accept mail-in or drop-off registrations. You may bring **ONE** additional registration besides your own for processing. Thank you for your cooperation!

If a course does not meet minimum enrollment, the class will be canceled and students who paid for that class will be refunded. **THERE ARE NO OTHER REFUNDS.**

# Welcome to Harford County's Senior Activity Centers!

*We are dedicated to promoting healthy and active lifestyles for our citizens age 55 and over.*

## Did you know?

- Harford County has six area senior centers that offer lively programming and activities,
- There is no membership fee to join our centers,
- Completing a simple membership form at one location, allows you to attend any of our six centers. We offer a wonderful variety of low-cost classes, activities, health screenings, a fitness room\*, daily lunch\*, and much more,
- The senior centers offer an opportunity to meet others with the same interests, and to form new friendships.

*\*at some locations*

*The Office on Aging recommends that you check with your physician before participating or engaging in any physical activity.*

## TRANSITION TIME FOR CLASSES AND ACTIVITIES

Our centers have busy schedules, and many classes and activities run back to back. We ask that members arrive promptly and vacate the space quickly when class is over so the next class can begin in a timely manner. Thank you for your cooperation!

## MEMBER REQUESTS TO MAKE UP CLASSES

Members often ask if they can “make up” a class they must miss due to illness or a schedule conflict, especially when their instructor is offering the same class at the same center on a different day, or at another center. Members are not permitted to attend any class but the class they are registered to attend. Thank you for your understanding.

*Please note: This applies only to situations where a member must miss a class, not to classes cancelled by the instructor or to cancellations due to weather or other center emergencies.*

## SENIOR CENTER INCLEMENT WEATHER POLICY

In the event of inclement weather, the Harford County Office on Aging's foremost concern is the safety of participants and staff. If Harford County schools are CLOSED due to inclement weather, Senior Activity Centers will be **CLOSED**.

If Harford County Schools open **LATE** due to inclement weather, Senior Activity Centers will open at **NOON** for participants. No meals will be served and no transportation provided. Classes scheduled prior to the late opening will not be held. Staff will report as usual. School delays and closings not due to weather have no effect on the daily operation of Senior Activity Centers. For more information on closure announcements, please visit the Harford County website <http://www.harfordcountymd.gov/alerts/Closings.cfm> or call the Harford County Inclement Weather Lines: 410.638.3484 or 410.893.3594.

## FITNESS CLASS SYMBOLS



Aerobic, Increases heart rate



Light strength training/toning.  
Class may or may not use weights.



Seated/Seated Option



Mind/Body class. Uses breath with movement and concentration to enhance overall wellness and fitness.



Basic exercise for those just getting back into exercise or with limited abilities.



Intermediate low impact exercise for those with some experience and who can stand for at least 30 minutes.



Advanced exercise for those who can move continuously for at least 30 minutes and can easily get up and down from floor.

## OTHER CLOSINGS

Every effort is made to keep the centers open during all normal hours of operation. Situations and conditions may arise that require us to close the center for all or part of the day. We will give participants as much notice as possible when these situations arise.

## E-MAIL ALERTS

Please make sure that we have your e-mail address in our system so that you can receive senior activity center news and announcements.

## EMERGENCY TELEPHONE ALERTS

Please make sure you are signed up for the Harford County Connect CTY system to receive important announcements about weather-related issues and other emergencies. To sign up, go to <http://www.harfordpublicsafety.org/> or call the Harford County Emergency Operation Center at 410-638-3400.

To request disability-related accommodations, call 410-638-3025 at least seven business days before an event.

## Class List by Location (course descriptions start on page 11)

Course #	Course Name	Pg #	Day(s)	Time	Min/Max Enr.	Instructor	Cost
<b>Aberdeen Senior Activity Center</b>							
<i>Dance</i>							
AB301DA	Line Dance - Beginning		Wed	9:45-10:45 am	8	Mann	5
AB601DA	Line Dance - Ultra Beginner		Wed	11-12n	8	Mann	5
AB104EX	Cardio Toning		Wed	11-12n	10	Keene	25
<i>Exercise</i>							
AB120EX	Functional Fitness		Mon & Wed	12:30-1:30 pm	10	Reynolds	0
AB130EX	Zumba Gold		Mon	10-11 am	10	Tona	23
AB436EX	Zumba Gold Chair		Mon	11:00-12n	10	Tona	0
<i>Life Enrichment</i>							
AB908LE	Intro to Conversational Spanish		Tue	12:30-1:30 pm	10	Stevens	15

### Edgewood Senior Activity Center

<i>Dance</i>							
ED115DA	Hip Hop Gold		Thur	1-2 pm	15	Gruzs	25
<i>Exercise</i>							
ED404EX	Cardio Toning		Tue	8:45-9:45 am	10	Keene	25
ED170EX	Functional Fitness		Mon	11:00 am-12n	10	Keene	0
ED110EX	Steppers		Wed & Fri	11:00-12n	15	Webster	5
ED108EX	Yoga		Tue	10-11:00 am	10	Kirchner	25
ED230EX	Zumba Gold (Edgewood Rec Center)		Thur	10:30-11:30 am	15	Tona	25
ED436EX	Zumba Gold Chair		Mon	12:30-1:30 pm	10	Keene	0
ED445EX	Zumba Gold Chair		Fri	9-10 am	10	Keene	0

### Fallston Senior Activity Center

<i>Arts &amp; Crafts</i>							
FA119AC	Crocheting for Beginners		Tue	12:30-2:30 pm	5	Ziamba	45*
FA406AC-WED	Knitting & Crochet Intermediate		Wed	10:00-12n	5	Ziamba	45*
FA304AC-AM	Knit & Crochet Advanced		Tue	10-12n	5	Hopkins	45*
FA117AC	Knitting for Beginners		Tue	10:00-12n	5	Ziamba	45*
FA311AC-WED	Machine Quilting starts 4/9 and runs for 6 weeks		Wed	12:30-3 pm;	6	Whitlock	35*
FA111AC-THUR	Machine Quilting class starts 4/10 and runs for 6 weeks		Thur	9:30-12n	6	Whitlock	35*

\* Supplies required - see Class Description



Course #		Course Name	Pg #	Day(s)	Time	Min/Max Enr.	Instructor	Cost
<b>Fallston Senior Activity Center</b> (continued)								
<i>Computers</i>	FA106AC	Wildfowl Carving & Painting		Wed	9-11:00 am	5	11	45*
	FA106CO-A	A Guide to Getting the Most Out of Your Computer		Thur	10-12n; 5/1, 8, 15, 22	6	15	Galumbeck 35
	FA107CO-A	All About Computer Basics		Thur	10-12 n; 4/3, 10, 17, 24	6	15	Galumbeck 35
	FA102CO-A	Computer 2 - Intermediate		Mon 5/5; Wed 5/7; Fri 5/9	Mon & Wed 12:30-3:15; Fri 12:30-3 pm	8	12	Kafka 35
	FA103CO-A	Computer 3 - Internet & Email		Mon 5/5; Wed 5/7; Fri 5/9	Mon & Wed 9-12n; Fri 9-11 am	8	12	Kafka 35
	FA112CO	Digital Photo Imaging Software		Mon 5/12; Wed 5/14; Fri 5/16	Mon & Wed 9-12n; Fri 9-11 am	8	12	Kafka 35
<i>Dance</i>	FA106DA	Cardio Dance for Active Seniors		Tue	9-10 am	10	55	Conner 25
	FA306DA	Cardio Dance for Active Seniors		Thur	9-10 am	10	55	Conner 25
	FA313DA	Dances of the 50's, 60's, Disco and More		Thur	10:45-11:45 am	10	60	DeAngelis 25
	FA108DA	Flirty Girl Dance		Wed	9-10 am	10	40	Conner 25
	FA401DA	Line Dance 1 with Peggy		Thur	9:30-10:30 am	10	60	DeAngelis 25
	FA402DA	Line Dance 2 with Peggy		Thur	12-1 pm	10	60	DeAngelis 25
	FA110DA	Social Dancing		Wed	2-3:00 pm	15	60	Gruzs 25
<i>Exercise</i>	FA629EX	Aerobic Interval Training		Mon	12-1:00 pm	10	40	Anderson 23
	FA166EX	Body Conditioning & Training		Wed	11-12n	10	40	Conner 25
	FA161EX	Body Conditioning & Training		Fri	10-11:00 am	10	40	Conner 25
	FA164EX-A	Boot Camp Gold		Thur	12:00-1:00 pm	8	8	Keene 25
	FA164EX-B	Boot Camp Gold		Thur	1:30- 2:30pm	8	8	Keene 25
	FA129EX	Cardio Intervals		Mon	2-3 pm	10	45	Anderson 23
	FA529EX	Cardio Intervals		Fri	9-10:00 am	10	45	Conner 25
<i>Exercise</i>	FA150EX	Chair Cardio-Sit & Get Fit		Tue	11:00-12n	10	40	Conner 25
	FA450EX	Chair Cardio-Sit & Get Fit		Thur	11:00-12n	10	40	Conner 25
	FA302EX	Chair Yoga		Mon	12-1 pm	10	40	Norwood 23
	FA202EX	Chair Yoga		Thur	1:00 -2:00pm	10	40	Norwood 25
	FA702EX	Gentle Yoga - Tuesday		Tue	1-2 pm	10	40	Norwood 25

**\* Supplies required - see Class Description**

Course #		Course Name	Pg #	Day(s)	Time	Min/Max Enr.		Instructor	Cost
Fallston Senior Activity Center (continued)									
	FA144EX	Restorative Yoga		Wed	11-12 am	10	12	Norwood	25
	FA163EX	Strength, Stability & Balance Training		Mon	1-2 pm	10	30	Anderson	23
	FA246EX	Tai Chi Chuan - Yang Style		Thur	2-3:00 pm (No Class on 6/5)	10	16	Pearce	23
	FA239EX	Yoga Strength & Stretch		Tue	10-11:00 am	10	45	Conner	25
	FA339EX	Yoga Strength & Stretch		Thur	10-11:00 am	10	45	Conner	25
	FA139EX	Yoga Strength & Stretch Beginner		Wed	10-11:00 am	10	45	Conner	25
	FA439EX	Yoga Strength & Stretch Beginner		Fri	11:00-12n	10	45	Conner	25
	FA330EX	Zumba Gold		Wed	2:15-3:15 pm	10	40	Privett	25
	FA437EX	Zumba Gold Chair		Tue	1:15-2:15 pm	10	40	Privett	25
	FA635EX	Zumba ® Sentao™		Mon	10:45-11:45 am	10	40	Privett	23
	FA630EX	Zumba Gold Toning		Mon	9:30-10:30 am	10	40	Privett	23
	FA631EX-PM	Zumba Gold Toning		Tue	7:30-8:30 pm	10	40	Privett	25
Fine Arts	FA101FA	Artistic Techniques		Mon	10-1 pm	5	10	Mulholland	41*
	FA103FA	Decorative Painting		Thur	9-11:00 am	5	10	DiLiello	45*
	FA202FA	Donna Dewberry's One Stroke Painting		Wed	1-3:00 pm	10	10	Tucker	45*
Havre de Grace Senior Activity Center									
Dance	HG110DA	Social Dancing		Tue	10-11:00 am	6	20	Krementz	5
Exercise	HG162EX	Body Toning & Sculpting		Mon	8:30-9 am	10	60	Miller	14
	HG262EX	Body Toning & Sculpting		Thur	8:30-9 am	10	60	Miller	15
	HG247EX	Cane Fu - Cane Self Defense and Exercise		Thur	1-2:00 pm	2	10	Martinez	25
	HG217EX	Cardio Aerobics		Fri	8-9:00 am	7	30	Miller	25
	HG104EX	Cardio Toning		Wed	9-10:00 am	10	40	Keene	25
	HG149EX	Hatha Yoga		Wed	10-11 am	10	40	Saqib	25
	HG444EX	Qigong/Energy Work/Internal Exercise for Vitality		Thur	9-10:00 am	2	10	Martinez	25
	HG246EX	Taijiquan - Yang Family Form for Health		Thur	11:00-12n	2	10	Martinez	25
	HG339EX	Yoga Strength & Stretch		Thur	10:00-11:00 am	10	60	Stocks	25
* Supplies required - see Class Description									

\* Supplies required - see Class Description

Course #	Course Name	Pg #	Day(s)	Time	Min/Max Enr.	Instructor	Cost
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### Havre de Grace Senior Activity Center (continued)

	HG130EX	Zumba Gold		Mon	9-10:00 am	10	60	Miller	23
	HG230EX	Zumba Gold		Thur	9-10 am	10	60	Miller	25
	HG436EX	Zumba Gold Chair		Mon	11-12n	10	25	Wurm	0
	HG445EX	Zumba Gold Chair		Fri	11-12n	10	25	Wurm	0
	HG635EX	Zumba® Sentao™		Thur	10-11 am	10	25	Wurm	25
<i>Life Enrichment</i>	HG907LE	The Joy of French		Tue	12:30-2:00 pm	10	15	Bolgiano	5*

### Highland Senior Activity Center

<i>Arts &amp; Crafts</i>	HI411AC	Quilted Wall Hanging/Table Runner		Wed (Dates TBD)	12-2 pm	10	15	Hofler-Davis	25*
	HI105AC	Stained Glass - Monday		Mon	10:00-3:30 pm	10	15	Silva	35*
	HI205AC	Stained Glass - Tuesday		Tue	10:00-3:30 pm	10	15	Silva	35*
	HI106AC	Wildfowl Carving & Painting		Wed	12-2:00 pm	5	11	Stram	45*
<i>Dance</i>	HI301DA	Line Dancing		Wed	11:00-12n	6	40	Boyd	5
	HI170EX	Functional Fitness		Mon	10:15-11:15 am	10	30	Anderson	0
	HI146EX	Taijiquan - Yang Family Form for Health		Mon	9-10 am	2	10	Martinez	23
<i>Fine Arts</i>	HI102FA	Donna Dewberry's One Stroke Painting		Tue	10-12n	10	20	Tucker	45*

### McFaul Senior Activity Center

<i>Arts &amp; Crafts</i>	BA101AC	Basket Weaving 1 Beginner		Mon	10:30-12n	4	10	McConaughy	32*
	BA102AC	Basket Weaving 2 Intermediate		Mon	9-10:30 am	4	12	McConaughy	32*
	BA119AC	Crocheting for Beginners		Thur	2-4 pm	5	10	Ziamba	45*
	BA304AC-AM	Knit & Crochet Advanced		Fri	10-12n	5	10	Hopkins	45*
	BA304AC-PM	Knit & Crochet Advanced		Fri	1-3 pm	5	10	Hopkins	45*
	BA404AC-TUE	Knitting and Crochet Intermediate		Tue	1-3 pm	5	10	Ziamba	45*
	BA405AC-THUR	Knitting and Crochet Intermediate		Thur	11:30-1:30 pm	5	10	Ziamba	45*
	BA117AC	Knitting for Beginners		Thur	9:30-11:30 am	5	10	Ziamba	45*
<i>Computers</i>	BA106CO-A	A Guide To Getting the Most Out of Your Computer		Tue	1-3 pm; 4/1, 8, 15, 22	5	8	Galumbeck	35
	BA106CO-B	A Guide To Getting the Most Out of Your Computer		Tue	1-3 pm; 4/29, 5/6, 13, 20	5	8	Galumbeck	35
	BA107CO-A	All About Computer Basics		Tue	10-12n; Apr 1, 8, 15, 22	5	8	Galumbeck	35

\* Supplies required - see Class Description

Course #		Course Name	Pg #	Day(s)	Time	Min/Max Enr.	Instructor	Cost
<b>McFaul Senior Activity Center</b> (continued)								
	BA107CO-B	All About Computer Basics		Tue	10-12n; 4/29; 5/6, 13, 20	5	Galumbeck	35
	BA111CO-A	Beginner Keyboarding		Mon 4/7; Wed 4/9; Fri 4/11	Mon & Wed 9-12n; Fri 9-11 am	8	Kafka	35
	BA101CO-A	Computer 1 - Beginner Basics		Mon 4/7; Wed 4/9; Fri 4/11	Mon & Wed 12:30-3:30 pm; Fri 12:30-2:30 pm	8	Kafka	35
	BA901B-CO	Introduction to Excel Spreadsheet		Mon, Apr 14	10-2:30 pm	8	Kafka	20
	BA901D-CO	Mailings & Address Book		Wed 4/23	10-2:30 pm	8	Kafka	20
	BA901C-CO	Personalized Greeting Cards		Fri, Apr 25	10:00-2:30 pm	8	Kafka	20
	BA901A-CO	Portable Document File (PDF) & Scanning		Mon, 4/28	10-2:30 pm	8	Kafka	20
<b>Dance</b>	BA213DA	Dances of the 50's, 60's, Disco and More		Wed	10:45-11:45 am	10	DeAngelis	25
	BA101DA	Line Dance 1 with Peggy		Mon	9:30-10:30 am	10	DeAngelis	23
	BA301DA	Line Dance 1 with Peggy		Wed	9:30-10:30 am	10	DeAngelis	25
	BA603DA	Line Dance 2 and 3 with Peggy		Mon	10:45-11:45 am	10	DeAngelis	23
	BA112DA	Line Dance 4 with Peggy		Mon	12-1 pm	10	DeAngelis	23
<b>Exercise</b>	BA131EX	Body Toning		Wed	10-11:00 am	15	McDaniel	25
	BA229EX	Cardio Intervals		Tue	9:30-10:30 am	10	McDaniel	25
	BA529EX	Cardio Intervals		Fri	10-11:00 am	10	McDaniel	25
	BA204EX	Cardio Toning		Thur	9-10 am	5	Svoboda	25
	BA118EX	Classic Cardio		Mon	10-11:00 am	15	McDaniel	23
	BA218EX	Classic Cardio		Wed	9-10:00 am	15	McDaniel	25
	BA127EX-A	Fitness Fundamentals with Sharri		Wed	1-2 pm; 4/9, 16, 23, 30	3	McDaniel	45
	BA127EX-B	Fitness Fundamentals with Sharri		Wed	1-2 pm; 5/7, 14, 21, 28	3	McDaniel	45
	BA191EX	Functional Movement		Fri.	12:30-1:30 pm	10	McDaniel	25
	BA132EX	Gentle Aerobics & Yoga Combo		Mon	9-10:00 am	15	McDaniel	23
	BA133EX	Gentle Aerobics & Yoga Combo		Wed	11:00-12n	15	McDaniel	25
	BA402EX	Gentle / Chair Yoga		Mon	12-12:30 pm	15	McDaniel	14
	BA502EX	Gentle / Chair Yoga		Wed	12-12:30 pm	15	McDaniel	15
	BA121EX	Get to the Core - Pilates		Mon	11:00-12n	15	McDaniel	23

**\* Supplies required - see Class Description**



Course #	Course Name	Pg #	Day(s)	Time	Min/Max Enr.	Instructor	Cost
<b>McFaul Senior Activity Center</b> (continued)							
BA169EX	Hatha Yoga		Tue	2-3:00 pm	15 50	McDaniel	25
BA159EX	Hatha Yoga		Fri	9-10:00 am	15 50	McDaniel	25
BA144EX	Restorative Yoga		Fri	11:00-12n	15 50	McDaniel	25
BA123EX	Sit & Stretch		Fri	11:00-12n	10 60	Reynolds	0
BA114EX	Tai Chi 1 - Beginning		Tue & Thur	8:30-9:30 am	15 40	Hutt	45
BA124EX	Tai Chi 2 - Intermediate		Tue & Thur	9:30-10:30 am	15 35	Hutt	45
BA125EX	Tai Chi 3 - Advanced		Tue & Thur	10:30-11:30 am	15 30	Hutt	45
BA508EX	Yoga		Thur	10:15-11:15 am	10 60	Kirchner	25
BA230EX	Zumba Gold		Thur	11:45-12:45 pm	10 40	Privett	25
BA436EX	Zumba Gold Chair		Mon	12:45-1:45 pm	10 40	Privett	0
BA438EX	Zumba Gold Chair		Wed	12:45-1:45 pm	10 40	Privett	0
BA631EX	Zumba Gold Toning		Tue	11:15-12:15 pm	10 40	Privett	25
BA635EX	Zumba® Sentao™		Thur	1:15-2:15 pm	10 40	Privett	25
BA101FA	Artistic Techniques		Wed	1-4 pm	5 10	Mulholland	45*
BA103FA	Decorative Painting		Tue	9-11 am	10 12	Diliello	45*
BA203FA	Decorative Painting		Tue	11:30 am-1:30 pm	10 12	Diliello	45*
BA303FA	Decorative Painting		Tue	2-4 pm	10 12	Diliello	45*
BA302FA	Donna Dewberry's One Stroke Painting		Fri	9:30-11:30 am	10 15	Tucker	45*
BA116FA	Oil Painting for All Levels		Wed	9-12n	8 15	Tryon Elgin	45*
BA115FA	Pastel Drawing and Painting		Wed	1-3 pm	8 15	Tryon Elgin	45*

**\* Supplies required - see Class Description**



# VOLUNTEER IN YOUR COMMUNITY

Volunteer Harford has hundreds of volunteer opportunities...contact us to find yours!

**VOLUNTEERHARFORD.ORG**

**410-638-4444**

- Seniors
- Retirees
- Students
- Families
- Youth
- Youth Groups
- Businesses
- Social Organizations

*...We have a volunteer opportunity waiting for you!*



*Connecting People... Enriching Lives....*

**David R. Craig**  
Harford County Executive  
**Elizabeth S. Hendrix**  
Director, Dept. of Community Services

**Volunteer Harford**  
Harford County Department of Community Services  
[www.volunteerharford.org](http://www.volunteerharford.org)  
410-638-4444



# Class Descriptions

## Arts & Crafts

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### Basket Weaving 1 Beginner

Learn the basics of basket weaving while creating your own keepsake. Explore round and rectangular shapes, with new techniques taught in each basket. Supply fee of \$15 payable to instructor.

### Basket Weaving 2 Intermediate

For the experienced basket weaver. Expand your skills as you create functional and decorative works of art.

*Prerequisite:* Satisfactory completion of Basket Weaving 1 or instructor's permission. Supply fee of \$18 payable to instructor.

### Crocheting for Beginners

Learn to crochet in a small group with others. You will learn the basics of crochet and will apply your new skills to make a dishcloth, a scarf, and a hat. By the end of the course, you will understand the tools used in crochet and how to read and follow pattern instructions so you can work on your own. Supply list will be available at front desk.

### Knitting and Crochet Intermediate

This course is designed for the person who has completed the beginner class but does not feel comfortable working at the advanced level. Knowledge of the basic knit and crochet skills and successful completion of beginner class are a prerequisite. Students should be able to work at their own pace with a trained instructor present to assist with problems or challenges. Students should bring a project to work on in class, including a pattern and supplies needed to complete that project. *Prerequisite:* Completion of beginning knitting or crochet class and ability to work semi-independently on project of choice. The level of this course is not yet ready for advanced but too much experience for true beginner class. Supply list will be available at front desk.

### Knit & Crochet Advanced

Take your craft to a new level and finesse your work to look more professional. Learn new stitches, patterns and joinings as well as new cast off and bind off methods to use depending on their purpose in your patterns. Learn how to "change the gauge" of a pattern to use different weights of yarn for the same project. New patterns and methods will be offered throughout the course. Students will need to bring size #8 needles and light colored worsted weight yarn to class. *Prerequisite:* Previous experience in knitting and crocheting at the intermediate level is recommended.



### Knitting for Beginners

Learn to knit in a small group with others. You will learn to cast on, knit, purl, and cast off – all basics to the art of knitting. You will make a dishcloth and a scarf. By the end of the course, you will understand the tools used in knitting and how to read and follow pattern instructions so you can work on your own. Supplies needed for first project (knitted dishcloth): knitting needles size 7 or 8; cotton 4 weight yarn (as Peaches and Cream); stitch markers; row counter. Supply list will be available at front desk.

### Machine Quilting

This class is for beginners as well as those who would like to learn new patterns and to enjoy quilting with others. If you've often wanted to try quilting then this is the class for you! Participants must bring sewing machine to each class. Supply fee of \$15 payable to instructor.

### Quilted Wall Hanging/Table Runner

Learn to construct a quilted piece, such as a quilted wall hanging or table runner. Beginners welcome. Supply list will be available at the front desk.

### Stained Glass

Decorate your window into the world. Express your creative nature through the art of stained glass. Design your own projects while advancing your skills as you learn while doing. Class covers beginner to advanced level. Students will be required to purchase additional supplies for projects of their choosing. Supply fee of \$15 payable to instructor.

### Wildfowl Carving & Painting

Students will carve from wood and paint various types of wildfowl; projects vary. Students will need a carving knife, a microplane flat file and microplane round file, and #50, 100, 150, and 200 grit sandpaper. Inquire at front desk if you need ideas on where to purchase files. Supply fee not to exceed \$40 payable to instructor in class.



## Computers

### **A Guide To Getting the Most Out of Your Computer**

This course covers: How to customize your computer and make existing programs accessible; add to and learn to use free programs for performing tasks, adjusting photos and more; bookmarking meaningful websites, obtain free resources, and publications; removing unwanted programs and backing up your computer's files, etc.; creating eye catching emails by inserting art and photos; establishing your own safe newsletter instead of using social media; understanding and using Cloud storage. *Prerequisite:* know how to use a keyboard and mouse

### **All About Computer Basics**

This course covers: An overview of Windows 8 vs. Window 7 or Vista; how to use a keyboard and a mouse; understanding and searching the Internet; how to fill out electronic forms for Internet access to websites; useful websites and recognizing spam; using email and moving mail from your inbox to folders; obtaining pictures and files from the Internet; creating folders and files for your convenience

### **Beginner Keyboarding**

Are you intimidated by computers? Does it take you all day to complete a page of type? This course is for you. Learn how to find those computer keys without even looking at the keyboard. Efficient keyboarding makes computing life easier. Learn practical applications of these skills using Microsoft Word to create and edit documents. Students are encouraged to bring their personal laptops to this class.

### **Computer 1 - Beginner Basics**

Overcome your computer phobia! Learn how to play! This is a simple, basic computer course for either the new user or the prospective buyer to become familiar with the Windows Operating System and the basic built in computer applications. Operating systems used for instruction for this class will be Windows 8 and Windows 7. Students are encouraged to bring their personal laptops for this class. This is a 3-session class, meeting 3 times in the same week.

### **Computer 2 - Intermediate**

Learn hands-on interactive computer skills using the Windows Operating System. Learn to create, save, edit, store, and backup files and photos using Windows OS and Microsoft Office. Operating systems used for instruction for this class will be Windows 8 and Windows 7. Students are encouraged to bring their personal laptops for this class.

*Prerequisite:* Computer 1 or basic computer knowledge with solid mouse skills. This is a 3-session class, meeting 3 times in the same week.

### **Computer 3 - Internet & Email**

Surf the Internet. Learn to email friends and family. Learn to attach and retrieve files and photos in your email. Learn to download, save, and transfer files and photos between computers and applications. Learn how to find and organize your files, folders, and photos. Operating systems used for instruction for this class will be Windows 8 and Windows 7. Students are encouraged to bring their personal laptops to this class. *Prerequisite:* Computer 1 or basic computer knowledge. Generations Online does not meet the requirements needed for this class. This is a 3 session class, 3 times a week.

### **Introduction to Excel Spreadsheet**

A spreadsheet is an enhanced calculator. Spreadsheets provide organization for the numbers in our lives but the Excel Spreadsheet can provide a simple place to organize data as well. This is the place to start building your knowledge of this simple Microsoft Office component. In this one day course you will create a variety of spreadsheets and learn how to insert and manipulate numerical data. Operating systems used for instruction for this class will be Windows 8 and Windows 7. Students are encouraged to bring personal laptops to this class. Laptops must have Microsoft Office on them. *Prerequisite:* Computer 1 or 2. (This is a



one day course. We will be in class for 2 hours from 10 am to 12 noon then take a half hour lunch break and return to class at 12:30 and continue to 2:30 pm.)

### Mailings & Address Book

Are you frustrated in trying to mail out Christmas cards or invitations only to find some of them returned or never arriving because of a misspelled address or wrong zip code? This class is for you. Put all of your addresses into your computer – just once – then import them into all of your mailings. Add designs to your envelopes – they'll be the first ones opened! Always be able to find the correct address each time you need it and make it look professional when you send it. Set up a personalized address book, send it to your printer and let it do all the work. *Prerequisite:* Must have completed Computer 1 or 2. (This is a one day course. We will be in class for 2 hours from 10 am to 12 noon then take a half hour lunch break and return to class at 12:30 and continue to 2:30 pm.)

### Personalized Greeting Cards

Have you ever wanted to send that truly personal greeting card and cannot find what you are looking for? Maybe you just wanted to learn to create special cards for special occasions. Now is your chance to learn how to impress friends and family with personalized greeting cards created on your home computer. We will be in class for 2 hours from 10-12 noon then take a half hour lunch break and return to class at 12:30 and continue until 2:30. Personal laptops are welcome in this class. Microsoft Office is required on the laptop. This is a one day course. *Prerequisite:* Completion of a Computer 1 or 2 class.

### Portable Document File (PDF) and Scanning

Put an end to your paper clutter and stop losing important documents! Learn to scan important papers and newspaper and magazine articles into your computer. Digitally scanned and stored documents are easily found and retrieved from your computer and take up far less space than a file cabinet. Create your own digital revolution. Learn to scan or save to PDF (Portable Document Files) and learn how to control paper printing using built-in printing options. Help your personal environment by controlling paper waste. This is a one day course. We will be in class for 2 hours from 10 am to 12 noon and then take a half hour lunch break and return to class at 12:30 and continue until 2:30. If you have a personal laptop computer, you are encouraged to bring it to class. *Prerequisite:* Completion of Computer 1 or 2 class.



## Dance (See Fitness Class Symbols Key on Page 3)

### Cardio Dance for Active Seniors

Warm-up, workout, strengthen, and cool-down using music and choreographed aerobics. Class will include a balanced combination of rhythmic limbering exercise and static stretches. Aerobic workout will include standardized dance steps choreographed for fun to improve the cardiovascular system and strengthen the upper and lower body. Strengthen legs, hips, buttocks, abdominals, and lower back as well as upper body strengthening for shoulders, chest, and arms. Cool-down to lower the heart rate for a comfortable level to begin stretching exercises. Strength training and toning will be done from the seated or standing position. Bring a bottle of water to class.

### Dances of the 50's, 60's, Disco & More

Let's go to the hop! Would you like to relive those special memories of the Dick Clark and Buddy Deane Shows? While dancing to the music of the 50's, 60's, Disco and more, we will be doing the Cha Cha, Stroll, Twist, Mashed Potato, Jitterbug, Free Style Disco, and the list goes on! So come and have some fun and get a good workout, too – while listening to your favorite songs.





## Dancing through the OR

### Decades

Why not try something new, fun, and unique? This form of dance takes on a new dimension when all genres of music are used to take you through time. You will learn basic dance steps choreographed just right to fit each song. Proper alignment is encouraged as you create your own style. Participants can work at intermediate or advanced level.

## Flirty Girl Dance

Flirty Girl Dance is designed around various modern dance moves, with a little bit of sass! It is great for women of any age and fitness level who want to have fun while getting fit. The dance moves incorporate aerobic exercise and muscle sculpting. The class will offer instruction, warm-up, aerobic workout, strengthening, and cool-down set to music. Toning, fat-burning, increased flexibility, aerobics, and stretching are included in one package. What woman couldn't use a little sassy fun? Students should bring a bottle of water and wear loose-fitting clothing.

## Hip Hop Gold

What do you get when you mix popular dance movements with line dancing and a touch of Michael Jackson style? – the Hip Hop Gold dance class! Taking basic steps of Funk and other Hip Hop fundamentals will help the student learn routines structured in a repeatable line dance format focused on improving memory, balance, and coordination. Come prepared to let loose and have fun!

## Line Dance - Ultra Beginner

If you don't have any dance experience this class is for you. Learn basic steps and how to use them in fun, easy dances. As you progress there will be improvement in ability to concentrate, focus, have body control, and balance.

## Line Dance 1 with Peggy

If you have never line danced before, or want to start again with the basic steps, this is the class for you. Learn a couple of new, easy steps and dances each week. No pressure – just fun! Line dance is a great way to exercise the body and mind while moving to the beat of the latest hits and favorite oldies music, too. Start off by learning basic steps and very easy dances for the first three (3) weeks. Afterward, the dances get a little more difficult as the weeks go by, but you learn by constant repetition.

## Line Dance 2 and 3 with Peggy

Now the rhythm is going to get you to want to move those feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio workout. We will combine Line Dance 2 and 3 and find our dance comfort zone. We'll take a little journey while line dancing to Country, Latin, Irish, 50's music, and more. Come join the fun while enjoying great music and learning well choreographed moves. *Prerequisite:* Line Dance 1 or previous line dance experience.

## Line Dance 4

Looking for something even more challenging? Why not try this advanced line dance class. Have fun dancing to great music while learning new moves. This class offers a great cardio workout! *Prerequisite:* Line Dance 1, 2, 3 or previous line dance experience.

## Line Dance Intermediate

In this class, dancers will line up side by side in rows while the instructor fronts the class. Dances are made up of several parts. Each dance will be taught by calling step-by-step descriptions and slowly going through the entire dance. When the class is familiar with all the steps, we will perform the dance to music.

## Social Dancing

Join us to learn basic steps of social dances and dance etiquette. Skills will be presented based on skill level of participants. All are welcome – just bring leather sole shoes and a desire to learn!

## Exercise (See Fitness Class Symbols Key on Page 3)

## Aerobic Interval Training

We will take "old school" aerobic moves (adjusting them to your individual needs) and add short 30-second interval training techniques (such as adding upper arm movement) to increase your heart rate, allowing for quick 30-second recovery before moving on to the next set of intervals. We will end with a 15-minute cool-down with various stretches to help improve flexibility and range of motion. This is a moderately intense class with alternative moves for those that are limited. With its weight bearing aerobic moves, this class is a great aerobic exercise (weight bearing) for those suffering with osteoporosis or osteopenia.

### Body Conditioning & Training 🏋️⭐⭐⭐

Get the training for an effective body conditioning workout. Learn and understand proper form when using hand weights, body bars, balls, etc. All routines will be choreographed with music. Strengthening segments will be followed by a stretch sequence for a more effective and enjoyable workout. Participants must be able to get up and down from the floor. All equipment will be provided by the facility. Bring an exercise mat to class.

### Body Toning 🏋️⭐⭐⭐

This class offers a fun, exciting way to gain strength and improve muscle endurance and is guaranteed to be motivating and beneficial. Each song will be choreographed to target a specific muscle group and end with an awesome cool down and stretch for an overall body tone. Please bring your hand held weights and exercise mat.

### Body Toning & Sculpting 🏋️⭐⭐

Body Toning and Sculpting is a non-aerobic, muscle-toning class, focused on developing, increasing, and maintaining core strength. This muscle toning and sculpting workout uses low weight and high repetitions to effectively sculpt and tone the body's major muscle groups.

### Cane Fu – Cane Self Defense 🥋⭐⭐⭐ and Exercise

Students will be taught self defense applications with the cane consisting of blocks, strikes, and basic locks. Also taught will be stretches, isometric and isotonic exercises using the cane and rubber exercise bands.

### Cardio Aerobics ❤️⭐⭐

This class will utilize various cardio and aerobic movements and techniques to improve participants' cardio strength and flexibility.

### Cardio Intervals ❤️🏋️⭐⭐

So, you don't have time to exercise? Performing intervals of cardio and strength training is twice as effective as regular exercising. Improve your strength and endurance while creating a higher metabolism to burn fat and carbohydrates for hours even after the class hour ends! Exercise bands will be provided. Students must bring their own light hand weights.

### Cardio Toning ❤️🏋️⭐⭐ OR ⭐⭐⭐

This class combines low impact cardio interval and strength/toning training. Improve your strength and endurance while increasing metabolism to burn fat. Students MUST bring their own light weights and a smile! ALL EXERCISES ARE DONE STANDING – NO FLOOR WORK REQUIRED. Participants can work at an intermediate or advanced level.



### Chair Cardio-Sit & Get Fit ❤️🏋️🪑⭐

Exercises will be done in seated and standing positions. Chair cardio can benefit anyone looking for a safe beginning into the fitness arena, working up to more intense exercise. Chair cardio improves overall heart health using upper and lower body exercises. The Balance Challenge position will help improve overall balance by developing core strength and sense of motion in standing and/or sitting positions with emphasis on real life situations such as reaching, rising out of a chair or car seat, etc. Proper form will be discussed when reaching, rising, bending, etc. to avoid injury. Strength training and cooling will be included. Music will be used during cardio and stretching; students may come dressed in comfortable clothing; gym clothing is not needed.

### Chair Yoga ❤️🏋️🪑⭐

Think you can't do yoga? Try this! Practice yoga in a manner that is slow paced, gentle and supported. All postures will be guided either sitting in a chair or using a chair for support while standing. Simple and safe methods of increasing both flexibility and strength will be offered. Wear comfortable layered clothing and sneakers, and get ready to connect with your body. Please bring a strap and small towel to class.

### Classic Cardio ❤️⭐⭐ OR ⭐⭐⭐

Have a FUNtastic experience exercising to the songs you know and love. Low impact cardio conditioning uses simple moves such as grapevine and mambo at a tempo that will enable you to be successful yet challenged enough to elevate the heart rate. Participants can work at an intermediate or advanced level.



### Fitness Fundamentals

This 4-week series of one-hour sessions is designed to give you more personalized feedback on how to reach your fitness goals. With a fun and caring approach, the instructor will guide you in learning proper body form and alignment when using the fitness equipment, or doing free-standing exercises. Gain strength, flexibility, energy and confidence as you learn about how your body works and the best fitness routine for you. The instructor will work with four individuals at a time to review proper use of fitness room equipment; this may also include working on routines in the gym, outdoors (weather permitting) or other available areas in the center. Participants work to individual ability level.

### Functional Fitness

Do you like to exercise? Unless you're an athlete, you probably answered "no" to that question. This muscle toning class focuses on core strength using a variety of equipment. Body sculpting and toning are offered while incorporating exercises that work the core and help balance while also decreasing body fat and improving overall health. We will train and develop your muscles to make it easier and safer to perform everyday activities such as carrying groceries or playing a game of ball with your grandkids. Class can be done in a chair or standing.

### Functional Movements

This is a seated fitness program designed to improve your overall health and mobility. It starts with a warm-up, leading into a light cardio segment with safe and functional moves. Followed with gentle poses targeting joint mobility, spinal flexibility, core strength, balance, breath, self-esteem, and confidence. The class will end with an exercise to cool down and quiet the mind and body.

### Gentle Aerobics & Yoga Combo OR

Why not try something new? You will have fun and increase your cardio while you dance to the songs you know and love. This class will end with gentle and beneficial standing and seated yoga poses. No mat is needed for this class! Participants can work at a beginner or intermediate level.

### Gentle Yoga with Meichelle

This class is open to all levels of practice and abilities. Class focuses on basic yoga poses, modifying when necessary, and how to connect them through attention to breathing, alignment and mindfulness. Therapeutic in nature, this class will help you gain flexibility, strength and balance as you move through poses at a slower pace. Meditation and relaxation techniques encourage stress reduction and overall well-being. Participants must be able to get up and down from the floor on their own. Yoga mat required. Instructor is credentialed through Yoga Alliance with a Registered Yoga Teacher 200 certification.

### Gentle / Chair Yoga with Sharri OR

This unique program increases strength, flexibility, and balance while relieving stress and tension associated with everyday living. Moving through poses seated in the chair, or standing (using the chair for assistance) can provide great reward for both your body and mind! Participants can work at a beginner OR intermediate level.

### Get to the Core - Pilates OR

"Pilates" - what is it? This class is full of moves to strengthen the core. You will improve breathing, balance, coordination, flexibility, and strength. Bring an exercise mat; participants must be able to get up and down from the floor on their own. Participants can work at a beginner or intermediate level.

### Hatha Yoga OR

Modern yoga is practiced to promote good health and well being, using breath to move you in and out of poses such as Down-Dog, Plank, and Cobra, which help improve breathing, flexibility, balance, and strength. Bring your exercise mat. Straps and blocks are also suggested. Participants must be able to get up and down from the floor on their own and can work at an intermediate or advanced level.



## Qigong/Energy Work/Internal 🌀 ★

### Exercise for Vitality

Students will be taught principles of internal energy work (qigong) in order to coordinate physical exercise with the movement of qi (chi) through the body to improve posture, balance, mobility, and energy levels. Instruction will include several sets for “forms” which the students will be able to use as complete, self contained exercise routines. The forms are taken directly from internal Chinese martial arts systems and are used for building, storing, and improving the expression of qi for more effective martial applications and fighting technique. They are also, and more commonly used, for health and healing.

## Restorative Yoga with Meichelle 🌀 ★

This meditative style of yoga utilizes props to make it easier for the body to relax, reducing the effects of stress on the body. The focus is on rest, renewal, effortlessness, and ease, bringing the body into a balanced state. Poses are held long enough for the mind and breath to help muscles release their tension. Participants must be able to get up and down from the floor on their own. Required equipment: 2 yoga mats, 2 yoga blocks, 1 yoga strap, 2 twin blankets. Instructor is credentialed through Yoga Alliance with a Registered Yoga Teacher 200 certification.

## Restorative Yoga with Sharri 🌀 ★

This class offers a much slower paced type of yoga. This style focuses more on aspects of mental and spiritual relaxation and overall well being while staying in one pose for a longer period of time, supported by props. Participants are encouraged to bring a mat, blankets, straps, and blocks.

## Sit & Stretch 🏠 ★

Reap the bountiful benefits of gentle exercise without leaving the comfort of your chair. With emphasis upon stretching, flexibility, posture, range of motion, and coordination moves, witness your physical capabilities and strength expand while muscle isolation exercises target key muscle groups for increased fitness and flexibility.

## Steppers ❤️ 🏋️ ★ ★

Steppers Exercise is a mid-range level exercise program designed to improve overall balance, endurance, cardiovascular health, mental clarity, and boost energy levels and flexibility. It helps tone muscles and enhance joint strength. “Step up” to overall fitness while stepping to the beat of music and reaping the benefits of working with light weights. Must be able to move rapidly to music on foot for 30 minutes and lift 2-3 lb. weights.

## Strength, Stability and Balance Training 🏋️ ★ ★

Do you want to improve your quality of life and remain independent? This is the class for you. By incorporating functional exercises with light weights or resistance bands (optional) you will strengthen muscles that you use in everyday tasks and activities. With strong muscles come stronger bones which will help slow down the progression of osteoporosis and reduce your risk of spinal problems and broken bones. Using unilateral moves (working one side at a time) you will improve balance and stability, helping to decrease your risk of falls while helping to improve posture. Students must bring their own light weights or resistance bands.

## Tai Chi 1 - Beginning 🌀 ★ ★

Tailored for the beginning student, experience peace and tranquility and strength building through ancient Chinese Tai Chi forms and qi gong exercises that cultivate vitality, balance, and flexibility while learning the basic Yang style short form.



## Tai Chi 2 – Intermediate

Fine-tune the Yang style short form while discovering the Yang style long form. Qi gong energy and breathing techniques are developed while introducing silk-reeling and Tai Chi ruler. *Prerequisite:* Tai Chi 1 and recommendation of instructor.

## Tai Chi 3 – Advanced

The Yang style short and long forms are fine-tuned while students are introduced to the “Old Frame” Chen style Tai Chi in this advanced class. Qi gong energy and breathing techniques are developed along with Ba Gua, silk-reeling and Tai Chi ruler. *Prerequisite:* Tai Chi 2 and recommendation of instructor.

## Tai Chi Chuan - Yang Style OR

Students will be taught the elemental principles of Tai Chi Chuan, form choreography, and breath coordination in order to realize the potential of Tai Chi Chuan exercise to improve balance, mobility, and energy levels. Instruction will include both seated and moving Taoist Qigong warm-up exercises which are used to help stretch the limbs and chest cavity for a more flexible body. There will be a variety of drills to assist in muscle toning and in gaining an understanding of the body's balance boundary as well as effective martial applications and fighting technique. Participants can work at an intermediate or advanced level.

## Taijiquan – Yang Family OR Form for Health

Students will be taught the principles of taijiquan, form choreography, and breath coordination in order to realize the potential of taijiquan exercise to improve balance, mobility, and energy levels. Instruction will include qigong warm-up exercises taken directly from internal Chinese martial arts systems which are used for building, storing, and improving the expression of qi for more effective martial applications and fighting technique. Participants can work at an intermediate or advanced level.

## Yoga

This class is designed for those at various levels of fitness. With attention to safe alignments, this hour of yoga will help joint stability and mobility and improve posture. Various standing and seated postures will be taught, with modifications when possible. You must be able to get up and down off floor on your own. Please bring a yoga mat and block or extra props to accommodate and structural issues.

## Yoga Strength & Stretch

Yoga Strength and Stretch is designed to improve range of motion and flexibility, increase overall strength, improve core strength to aid in balance, and help combat daily stress. Class will be taught with the aid of reflective and soothing music. Student must be able to get up and down

from the floor unassisted. Chairs will be used for modified poses to assist in the student's transition from beginner level to intermediate. Yoga mat required.

## Yoga Strength & Stretch Beginner

Yoga Strength and Stretch Beginner is taught with gentle standing and sitting poses designed to improve range of motion and flexibility, increase overall strength, improve core strength to aid in balance, and help combat daily stress. Class will be taught with the aid of reflective and soothing music. Student will NOT have to get up and down from the floor. Chairs will be used for modified poses to assist in the student's transition from beginner level to intermediate. Yoga mat required for standing poses only.

## Zumba Gold

Zumba Gold is a series of fitness programs specifically designed for the beginner student to experience the exciting Latin and international dance rhythms. In Zumba Gold the moves are basic, low impact, with no turns, low hip action, and during the balance section the foot is on the ground or slightly lifted off the ground. Must be able to stand for long periods of time. Class will be held at Edgewood Recreation Center, 1980 Brookside Drive (.43 miles from center)

## Zumba Gold Chair

Zumba Gold Chair takes the Zumba Fitness Party formula and modifies the moves and pacing to suit the needs of the active older participant, those coming back from an injury, and those looking to add physical activity to help promote a healthy lifestyle. This exhilarating seated class will keep you moving and stretching as you increase your heart rate, and be a fun part of your weekly schedule!

## Zumba® Sentao™

Zumba takes the thrill of the fitness-party and partners it with chair-based choreography to strengthen, balance and stabilize your core. Grab a chair, feel the beat and learn how to use your own body weight to enhance muscle strength. The chair is used as a partner and navigation tool for various positions and movements.

## Zumba Gold Toning

Learn how to combine spicy Latin dance rhythms with light weights to enhance muscle strength, tone, and endurance. This unique combination of cardio and resistance exercises makes this an effective total body workout that can improve balance, posture, coordination and help prevent osteoporosis. Bring a pair of 1 or 2 pound weights or purchase maraca-like toning sticks from the instructor. *Note:* Strength training is not recommended for persons with hypertension.



## Fine Arts

### **Artistic Techniques**

Have you ever wanted to try a new painting medium or return to one you haven't used in a while? Here is your opportunity! This class is offered for those wanting to paint in the medium of their choice of oil, watercolor, and/or pastels. You can learn to paint boldly and confidently through various projects using handouts provided and still life set-ups. Each person will receive individual attention and guidance from the instructor. Some supplies will be available at first class. However, if you have your own art supplies, be sure to bring them to the first class and be ready to paint. Class time allows for setup and break down.

### **Decorative Painting**

Styles and techniques of the past are incorporated into decorative and functional artwork of the present. Students will work with acrylic paints on a variety of surfaces, from canvas to metal, fabric, wood, and even screen painting. Students will receive individual teacher assistance. This is a diverse art form which utilizes a variety of techniques to achieve great personal satisfaction. Supply list will be available at front desk. Initial startup cost of supplies on list will be approximately \$40.

### **Donna Dewberry's One Stroke Painting**

You don't have to be an artist or have natural talent to succeed in or enjoy this class – you just need a desire to learn and a brush and paint – and you can paint a beautiful landscape, seascape or floral design that will amaze you. This one-stroke technique lets you blend, shade, and highlight all in one stroke of your brush, saving time and work. Students bring own art supplies to class. Supply list at front desk upon request.

### **Oil Painting for All Levels**

Oil painting is considered the most versatile of the painting mediums in regard to the blending of colors. In this course, students will explore the many possibilities in the blending of different oil colors. They will be required to complete at least three different paintings that will cover areas from tonal value to color mixing. Instruction will include layout, perspective, using light and shadow to create depth and focus on the primary subject of the work of art. Supply fee of \$30 payable to instructor at first class.

### **Pastel Drawing and Painting**

Drawing is the basic foundation of art. Every good painting starts with a concept drawing. Students will learn how to control the mediums of graphite, charcoal and pastel pencils and sticks to create fully developed drawings. The class will help students learn the skills to control line, shape and form working from general concept to fully developed drawings. Students will work from still life items. The instructor will



provide demonstrations in graphite, charcoal, and pastels to show how students can develop beautiful drawings. Instruction will include layout, perspective, light, and shadow to create depth and focus on the primary subject of the work of art. Supply list will be available at front desk.

## Life Enrichment

### **Introduction to Spanish**

This course will enable participants to understand some simple written and spoken Spanish and give them the ability to do some basic conversing in Spanish. A Spanish/English dictionary may be helpful; instructor will recommend one at first meeting.

### **The Joy of French**

Presented in a relaxing, non-threatening environment, you will learn "survival" phrases for travel to France or other French-speaking countries. Students will learn and practice the basics to develop a new love and appreciation for this awesome, romantic language. Supply fee of \$20 for textbook payable to instructor.

**STAY CONNECTED...  
STAY INFORMED...  
SIGN UP NOW...**



## **EMERGENCY NOTIFICATION SYSTEM**

This system provides Public Safety officials the ability to send vital emergency messages to all affected residents and businesses within a matter of minutes. Notifications may include severe weather, imminent flood warnings, missing persons, and other important information that can help ensure the safety of the citizens of Harford County. This new technology will also enable Harford County to send voice or text messages to cell phones, PDA, e-mail accounts, and TTY/TDD for the hearing impaired. Although all publicly available residential and business telephone numbers have already been automatically entered into the system, County officials are urging citizens and business owners to add unlisted telephone numbers, cell phone numbers, and email addresses by registering for free at [www.harfordpublicsafety.org](http://www.harfordpublicsafety.org)

Additional information is available at  
[www.harfordpublicsafety.org](http://www.harfordpublicsafety.org)  
or by contacting Emergency Operations  
at 410-638-4029.

# Get **HEALTHY** THIS SPRING

## **FREE BLOOD PRESSURE SCREENINGS**

March 6 & April 3, 10 am - noon  
Aberdeen Senior Center

March 3 & April 7, 10 am - noon  
Edgewood Senior Center

March 12 & April 9, 10 am - noon  
Fallston Senior Center

March 10 & April 14, 10 am - noon  
Highland Senior Center

March 5 & April 2, 10 am - noon  
McFaul Senior Center

March 26 & April 23, 10 am - noon  
Havre de Grace Senior Center

March 13 & April 10, 11 am - 2 pm  
Harford Mall

March 8 & April 12, 10 am - 1 pm  
Walmart in Abingdon

## **FREE FOOT SCREENING**

Registration required by calling  
1-800-515-0044. Provided by Dr. Block.  
April 10, 3 - 6 pm  
University of Maryland Upper  
Chesapeake Medical Center

## **FREE EYE SCREENING**

Registration required by calling  
1-800-515-0044. Provided by  
Seidenberg, Protzko Eye Associates.  
April 10, 3 - 6 pm  
University of Maryland Upper  
Chesapeake Medical Center

## **CARDIOVASCULAR SCREENINGS**

\$25 (cash/check)  
Appointment required by calling  
1-800-515-0044.

March 12 & April 9, 8 am - 4 pm  
University of Maryland Upper  
Chesapeake Medical Center

March 19 & April 16, 8 am - 4 pm  
University of Maryland Harford Memorial  
Hospital

## **DINING WITH DOCS**

Dinner and lecture \$5 (cash/check) at  
University of Maryland Upper  
Chesapeake Medical Center. Registration  
required by calling 1-800-515-0044.

**Preventing Colorectal Cancer** - Join us  
to learn the latest facts.  
March 11, 5:30 pm

**Shifting Gears Towards Older Driver  
Safety** - Learn important tips on staying  
independent and safe.  
April 10, 5:30 pm

**Stroke** - Know the signs and act in time.  
May 12, 5:30 pm

**GAIN'S ANNUAL CAREGIVER  
& SENIOR RESOURCE CONFERENCE**  
**Lightening the load of caregiving**  
April 5, 8 am - 2:30 pm at the Chenoweth  
Center in Fallston. For more information  
visit [www.harfordgain.com](http://www.harfordgain.com)



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE HEALTH

[uuchs.org](http://uuchs.org)







## HIGHLIGHTS

HARFORD COUNTY DEPARTMENT OF COMMUNITY SERVICES

# OFFICE ON AGING

*The Harford County Department of Community Services' Office on Aging provides support to persons age 55\* and over to live full, productive and satisfying lives.*

## SERVICES

**Caregiver Support** — case workers provide case management and coordinate services for respite care and/or financial assistance for other services and supplies as determined on an individual basis.

**Housing Information** — available on Senior Apartments, Assisted Living and Nursing Homes in Harford County.

**In-Home Care** — includes home visits by Office on Aging caseworkers; and senior care that provides services to eligible homebound seniors, such as shopping, personal hygiene, cleaning/chores, medications and respite care.

### **Information and Assistance regarding:**

- Consumer Problems
- Food Stamps
- Insurance
- Legal & Financial Issues
- Loan Closet
- Long Term Care
- Medical Assistance
- Pharmacy Assistance
- Social Security
- Social Services
- Supplemental Security Income
- Support Groups
- Taxes
- Veteran's Benefits

**Long Term Care Ombudsman** — helps advocate for the rights of residents of nursing homes and assisted living facilities.

**Medicaid Waiver** — provides case management services for those who are medically and financially eligible for nursing home medical assistance.

**Senior Health Insurance Assistance Program (SHIP)** — provides information on health insurance issues affecting seniors, such as Medicare, Medicaid, Medigap and Long Term Care Insurance. **The Senior Medicare Patrol (SMP)** program trains people to be aware of health care fraud, waste and abuse in the Medicare/Medicaid programs and provides information about identity theft and scams.

## Direct Numbers for Office on Aging Programs

**Aging & Disability Resource Center (ADRC)**  
410-638-3303

**Caregiver Program**  
410-638-3303

**Guardianship Program**  
410-638-4283

**Medicaid Waiver Program**  
410-638-4283

**Ombudsman Program**  
410-638-3577

**Outreach Programs**  
410-638-3303

**Senior Care Program**  
410-638-3303

**Senior Activity Centers**  
410-638-3032

**Senior Health Insurance Program**  
410-638-3577

**Senior Medicare Patrol Program**  
410-638-3577

\* Some services require a person to be age 60 or over.

## CONTACT

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Harford County Executive  
**Elizabeth S. Hendrix**  
Director, Dept. of Community Services

**Harford County Department of Community Services**  
[www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services)



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